YOU ARE BEAUTIFUL IN EVERY SINGLE WAY

DITCH YOUR SELF-CONSCIOUSNESS ON THE WAY TO THE BEACH. PAGE 14

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Monday, July 1, 2013 www.metro.us | t: MetroPhilly | f: MetroPhilly

Light up. Hundreds of marijuana advocates marched down Philadelphia streets for the sixth Smoke Down Prohibition event. **Their voices heard.** Protesters are fighting the drug war, they said, and speaking out against those imprisoned for marijuana. **Backlash.** Some were arrested and cited by Philadelphia police officers. PAGE 02

Sunday bake break

"A little weed ain't gonna kill ya," says Chuck Szeidel, above, at yesterday's Smoke Down Prohibition event. / RIKARD LARMA, METRO

Senate: Cigarette tax increase may be dead

PAGE 02

Taking pics of Biebs? Not without Ritz Bits!

PAGE 08

Dreaming up 'White House Down'

PAGE 12

Your inbox is full ... So what? It's vacation!

PAGE 17

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1 NEWS

Top 3

Trending online at metro.us

1 'La. mayor proclaims Philadelphia rapper Meek Mill gratitude day for Lil Snupe mentorship'

2 'Police: Man arrested after maid finds gun in his hotel room'

3 'Boys with sisters more likely to be Republicans, avoid chores'

Local tweet

"Mayor gave me my own day in Jonesboro for making a kid there dream come true!"

Philly rapper @MeekMill, on the mayor of Jonesboro, La., proclaiming Friday a day of gratitude to Mill for seeing the potential of slain Southern protege Lil Snupe

Pot smokers light up, flame out for sixth try

Lighting for their rights. Marijuana advocates sparked up again in Philly, but were quickly stamped out.

Under a black umbrella, Ciera Gardner adjusted her fuzzy tiara that read "Happy Birthday."

She spent the afternoon of her 20th birthday marching with a group of marijuana legalization protestors through the rain-washed streets of Philly.

"Why the f— not?" she said with a shrug. "It's a great birthday. I'd be smoking pot at my house anyway, you know?"

She missed the last "Smoke Down Prohibition" protest on May 18 — an event that quickly turned into a smackdown.

About five champions of pot legalization were arrested after they lit up at 4:20 p.m. in protest of the drug's prohibition.

Yesterday, Gardner walked the whole route, which started at LOVE Park and ended at the People's Plaza open space beside the Liberty Bell.

This was the sixth installment of the monthly protest.

"I think it's a shame we're trying this hard to get a plant legalized," Gardner said. "It's rainy as s—, and people are this dedicated to come out here."

At the plaza yesterday afternoon, in the shadows of Independence Hall, about 200 stoners huffed and puffed, but couldn't blow the park rangers away. About 10 were given citations for using a controlled dangerous substance in a federal park.

Chuck Szeidel parked his wheelchair adorned with an American flag on the fringe of the chaos.

Wearing only a damp hooded sweatshirt, he looked to the heavens and shrugged.

"A little water ain't gonna kill ya," he said. "Just like a little weed ain't gonna kill ya."

TOMMY ROWAN
tommy.rowan@metro.us

Quoted

"Hey, look, I grew up in the '60s and in the '70S. I got busted in '72 for a joint. It cost me $250 in Wildwood. It's still on my record."

Charles Kirk, pro-marijuana activist

Despite citations and arrests, pot smokers still rallied in Philadelphia yesterday for "Smoke Down Prohibition." / RIKARD LARMA, METRO

Priorities. Schools' funding plan shifts as budget battle rages on

The state Senate yesterday approved a $28.4 billion budget, which was last night being debated in the state House.

The plan to fund the School District of Philadelphia shifted radically, with just $15.7 million extra allocated for basic education. Though a bill enabling Philadelphia to levy a cigarette tax stalled, legislation allowing the city to strengthen its tax collections and to make permanent a temporary sales tax could together garner up to $130 million for schools annually.

Legislators also pledged $45 million in monies slated to repay a recently forgiven federal debt, but suggested some funds may only be made available if city schools adhere to certain criteria.

ALEX WIGGLESWORTH

Accident

Child, 3, falls from window

A 3-year-old boy fell yesterday morning from the second-story window of a home on the 2000 block of Victoria Street in Kensington. He was rushed to St. Christopher's Hospital for Children in critical condition. The circumstances surrounding the fall were unclear Sunday, and there was no word yet whether charges are expected to be filed. METRO

Bizarre

Cops: Man stabbed in booth dispute

A dispute over a photo booth early Saturday morning at the Temptations Banquet Facility in Germantown ended in a knife fight that left two men injured, according to police.

Investigators said a partygoer, 48, was getting pictures printed from a photo booth as a security officer, 52, was telling the photographer to close up for the night at about 1:30 a.m., touching off a dispute. The security guard allegedly walked away after the argument, but he returned armed with a knife and stabbed the other man in the stomach. Police said the two men continued to fight until the knife fell from the security guard's hands, and he was rendered unconscious.

Arriving officers recovered the knife and took both men to Albert Einstein Medical Center in stable condition.

METRO

TAXICAB NIGHTMARES: CLEAN UP YOUR ACT

Opinion

JOHN BOLARIS

BOLARIS VISION

Word to taxi companies: Do something about the condition and proper supervision of the so-called taxis in Philadelphia. It's an embarrassment!

My main mode of transportation is those whacked-out taxis. I'm sure you have your very own taxicab nightmares, not to mention any tourists who are greeted to a unique Philadelphia cab experience.

Imagine a tourist arriving for the first time in the middle of a sweltering summer day taking a cab ride — sweating profusely, begging for air conditioning, weird smells emanating throughout the cab. Welcome to the city of taxicab nightmares.

During one recent cab ride, I asked the driver to turn on the air. The cabbie yells that it's on, pointing to a tube under the driver's seat. As I put my hand down, I feel a trickle of air. So instead of 105 degrees, it has cooled to about 100. Thank God for AC.

Forget about using your credit card for a ride. Nine out of 10 times they say, "Sorry, doesn't work." Now they need to drive you to the nearest ATM, meter running, and bingo, you're ripped off again.

I've witnessed screaming matches, smoking, doors that don't open, windows jammed and pedestrians in the crosshairs of some reckless driving.

Not all cab drivers fall into this category. And when you find a good one, you want to take him or her home to meet your family. Hey, I know it's not an easy job, and you're grossly underpaid. And I'm sure you have your own customer nightmares, and I'm not blaming you personally.

Most of the blame goes to the companies who run the taxi and limo services. Your taxes hard at work. Clean up the mess.

Quoted

When you find a good one, you want to take him or her home to meet your family.

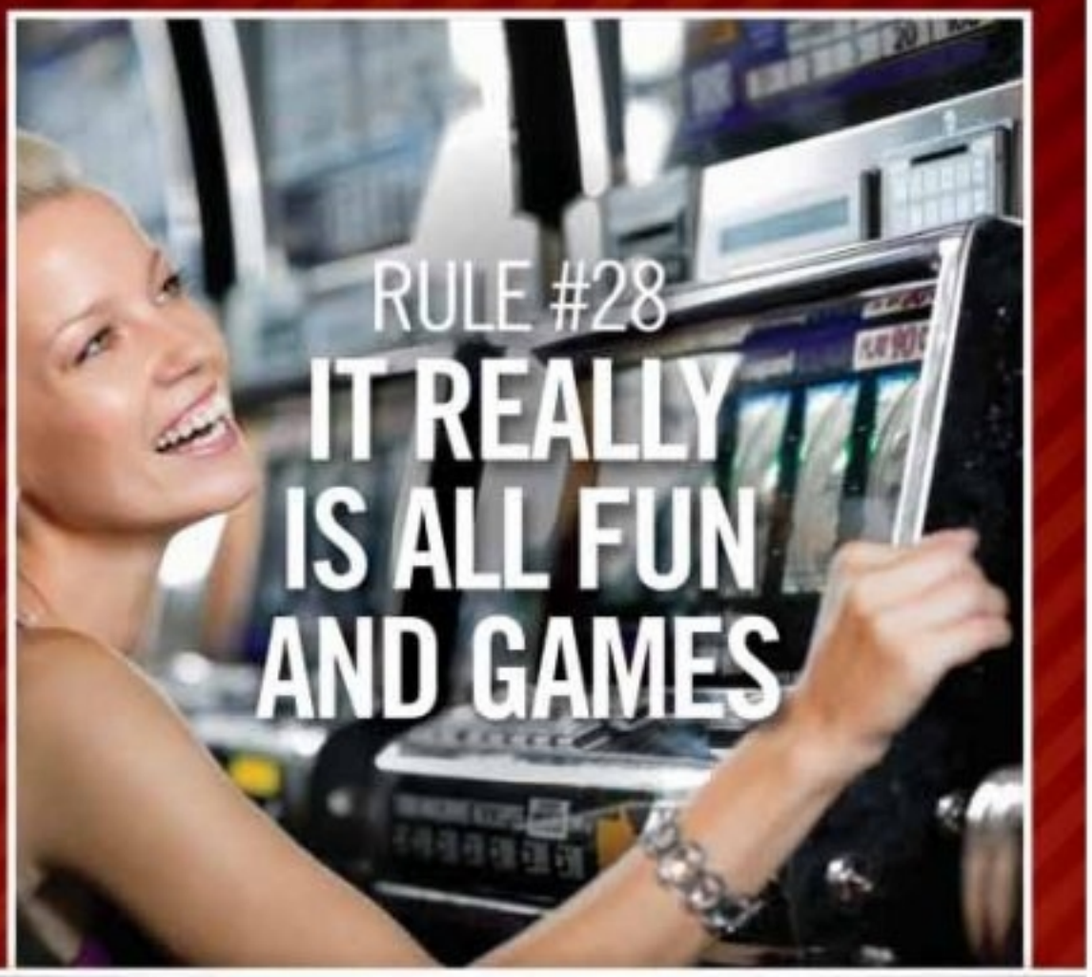
If you have had taxicab nightmares, send them to letters@metro.us

Getting the scoop at the ice cream fest

Bill McGeehan and 6-year-old Zoey Dennis enjoy some chocolate ice cream at the Super Scooper All-You-Can-Eat Ice Cream Festival at Penn's Landing yesterday. The festival is just one event that's part of the Wawa Welcome America celebration running all this week. / RIKARD LARMA, METRO

24/7 ACTION | LIVE ENTERTAINMENT | WATERFRONT DINING

THE GAME RULES.



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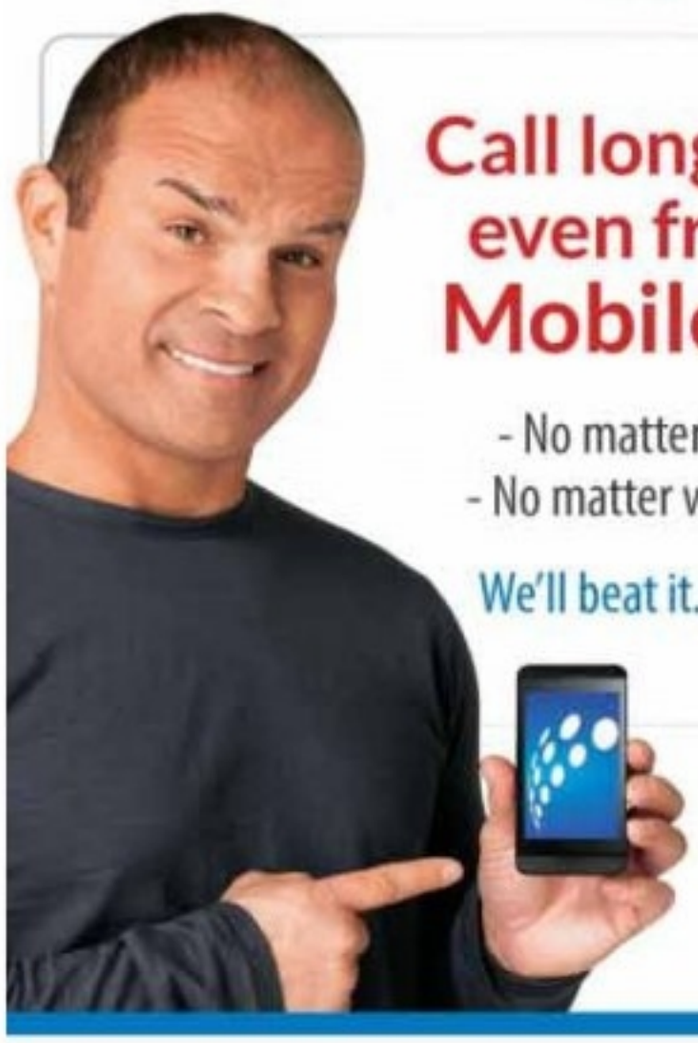

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Wawa to build and serve up 4.5-ton hoagie

Who's hungry? As part of its annual Welcome America festivities, the chain will serve free sandwiches.

It takes about six hours to build a 4-ton Wawa Italian hoagie.

It takes about 200 builders working in tandem and about 8,000 pounds of ingredients.

Workers will make the sandwich from 5 a.m. to 11 a.m. Tuesday. After it's ready tomorrow, it will be marched in by a Fife and Drum Corps from Historic Philadelphia, along with re-enactors, to the Independence Visitor Center Lawn at 6th and Markets streets and then served free to attendees.

How does one make a sandwich of that size?

You start by stringing together 15,000 Shorti rolls, which weigh about 1,688 pounds.

Then, layer 563 pounds of Italian ham, Genoa salami and prosciuttini and 1,000 pounds of provolone cheese. Top it off with 2,043 sliced tomatoes, 900 pounds of sliced onions and shredded iceberg lettuce, 180 pounds of oregano and 6 gallons of oil.

Throw in several dashes of salt and pepper and 240 pounds of hoagie paper wrap.

It serves about 15,000 people in less than 30 minutes.

TOMMY ROWAN
tommy.rowan@metro.us

If you go

Hoagie Day

Noon to 2 p.m. tomorrow, Independence Visitor Center Lawn at Sixth and Market Streets
There will be free Italian hoagies, and beverages will be served.

Here, there's something for everyone

Betsy Cassal of Harrisburg and her dog Ronnie take in the sights and the sounds of the Brooklyn Flea Philly, an open market with food, household items, music and more at the Piazza at Schmidt's in Northern Liberties yesterday. / RIKARD LARMA, METRO

Home invasion

Men tied up homeowners

Police are looking for two men who allegedly used a fan cord to tie up the occupants of a Grays Ferry house yesterday, then stole flat-screen televisions, laptops, $1,200 in cash and a black Toyota Camry. METRO

Melee

Man shot in bar brawl: police

A man was shot yesterday during a fight outside the Eagle Bar in Hunting Park. Investigators said the victim, 35, was inside his car waiting for his brother, who at 2:30 a.m. left the bar while arguing with his girlfriend. Police said a group of men asked the girlfriend if she was alright, then started a fight that escalated into a melee involving more than 10 people, including the victim, who got out of his car to assist. Someone fired into the crowd, striking the man. He was hospitalized in critical condition. METRO

The asylum request has helped President Rafael Correa boost his profile within the region. / GETTY IMAGES

President of Ecuador says Russia is key to leaker's fate

Asylum. Snowden has not been able to leave the Moscow international airport.

Ecuadorean President Rafael Correa said yesterday that the fate of former U.S. intelligence contractor Edward Snowden is in the hands of the authorities in Russia, where he is holed up in hopes of obtaining asylum in the South American nation.

Correa said his government cannot begin considering asylum for Snowden, wanted by Washington for leaking confidential information about a surveillance program, until he reaches Ecuador or an Ecuadorean embassy.

"It's up to the Russian authorities if he can leave the Moscow airport for an Ecuadorean embassy," Correa said in an interview with Reuters in the coastal city of Portoviejo. "He will be treated just like any other citizen even though he does not have a passport. We are clear that this is a special situation."

Correa's comments provide further confirmation that Ecuador is unlikely to help Snowden escape his current limbo.

Snowden's passport has been revoked, and countries around the world are under pressure not to let him continue his journey.

Russian President Vladimir Putin has rejected U.S. calls to expel Snowden to the United States. He says Snowden should choose a destination and leave the Moscow airport as soon as possible. **REUTERS**

European concern

EU confronts US over spy reports

The European Union has demanded that the United States explain a report in a German magazine that Washington is spying on the group, using unusually strong language to confront its closest trading partner over its alleged surveillance activities.

A spokeswoman for the European Commission said the EU contacted U.S. authorities in Washington and Brussels about a report in Der Spiegel magazine that U.S. spies had tapped EU offices in Washington, Brussels and at the United Nations. **REUTERS**

More to come

WikiLeaks founder says Snowden info will keep getting out

WikiLeaks founder Julian Assange said that Edward Snowden made sure that the information he took about U.S. surveillance programs will continue to be published regardless of what happens to the former NSA contractor.

Assange criticized the United States for revoking Snowden's passport, adding that it would not stop the classified information taken by the 30-year-old former contractor from getting out.

"Look, there is no stopping the publishing process at this stage," Assange said in an interview with ABC's "This Week" television show. "Great care has been taken to make sure that Mr. Snowden can't be pressured by any state to stop the publication process." **REUTERS**

Assange / GETTY IMAGES

Quoted

"Look, there is no stopping the publishing process at this stage." Assange

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Supreme Court justice denies effort to stop Calif. gay marriages

Rejected. Justice Anthony Kennedy denied the application verbally, a spokeswoman said.

A U.S. Supreme Court justice yesterday rejected a long-shot bid to halt same-sex marriages in California, days after the high court let stand a trial judge's order declaring the ban unconstitutional.

Supporters of the gay-marriage ban known as Proposition 8, which California voters approved in 2008, asked the high court on June 29 to overrule a 9th U.S. Circuit Court of Appeals order that lifted an injunction barring same-sex unions.

"I think it's time for proponents of Prop 8 to stop trying to stop people from getting married and turn their attention to something else," said Ted Boutrous, a lawyer for the American Foundation for Equal Rights, which sponsored the federal court challenge to Prop 8.

Marriage ceremonies of gay and lesbian couples

Marriage ceremonies of gay and lesbian couples went ahead since a panel of the appeals court in San Francisco removed its stay on Proposition 8 on Friday. / GETTY IMAGES

The Supreme Court

The ruling would not go into effect for at least 25 days.

happened since a panel of the appeals court in San Francisco removed its stay on Proposition 8 on June 28.

The stay had been in force while the decision striking down the so-called Prop 8, a state constitutional amendment, was appealed to the U.S. Supreme Court. Political supporters of the measure were left to appeal the case because state elected officials declined to defend it.

But the justices on June 26 ruled Prop 8 proponents lacked legal standing to defend the ban — a decision that left the trial judge's ruling intact and cleared the way for gay marriage in the state to resume. **REUTERS**

Citizenship. NY Dem predicts House will pass immigration bill

The Republican-controlled House of Representatives will bow to political pressure and pass the immigration bill approved by the Democratic-led Senate by the end of the year, Sen. Charles Schumer predicted yesterday.

Schumer, D-N.Y., said House Republicans who are now vowing they will not pass the Senate measure will ultimately be convinced by political concerns about the party's future.

"I believe that by the end of this year, the House will pass the Senate bill. I know that's not what they think now. And they'll say, 'Oh no, that's not what's going to happen.' But I think it will," Schumer told "Fox News Sunday." **REUTERS**

Path to citizenship

14

Fourteen Senate Republicans joined Senate Democrats in backing a Senate bill that features a path to citizenship for millions of illegal immigrants already in the United States.

Protestors rally for immigration reform. / GETTY IMAGES

House of Representatives

Obama urges bill to pass by August

President Barack Obama urged the House of Representatives to pass a bill by August to reform the U.S. immigration system.

Obama said there was more than enough time to finish work on the issue before summer recess. **REUTERS**

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2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ricky Gervais makes prayers come true, Mike Birbiglia has a friendship test and Lena Dunham talks to telemarketers.

@rickygervais: If you go to church today, pray that I have a great day, take the piss on Twitter & get drunk on champagne tonight. I bet it works.

@birbigs: Text messaging is a great way to audition people for being your friend.

@lenadunham: Pretty sure whoever had my phone number before me led telemarketers on and made them think they wanted it.

1 Paula Deen: Porn star?

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. Which is why we're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn site, we're canceling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (f'real?) gig. In said letter, Deen was praised as their ideal star: "Full-figured or thin, arthritic or diabetic … you embody our perfect spokesperson."

We're not entirely sure who gets their jollies watching arthritic, racist old ladies engage in sex acts, but we know it's not us. We're happy to watch Deen publicly try and wipe that egg off her face — as for any other fluids, we'll pass.

Jessica Simpson had another baby

And high up in a penthouse in Manhattan somewhere, Suri Cruise yawned loudly and entered a new entry in her burn book.

In what was decidedly not the most hotly anticipated celebrity due date of the summer, J. Simp gave birth to an 8-pound vat of cookie dough yesterday. Haha, just kidding, that was just a mean fat joke. (We kid, Jessica, we know you and Weight Watchers are working hard to get you back in shape.)

No, Simpson delivered — through a scheduled C-section — a healthy baby boy. A baby that she and ex-NFL star Eric Johnson named Ace Knute. Knute, pronounced "Ka-nute." Because, you know, John or Michael or something was already taken?

I'm really happy for you guys, and I'mma let you finish reveling in the joy of parenthood (is this joke dead yet? It might be dead, huh?), but North West is seriously the best ridiculous baby name of Summer 2K13.

THE WORD

Alexandra Cavallo takes on the world of gossip.

ALEXANDRA CAVALLO
@AlexCavallo
alexandra.cavallo@metro.us

— Dorothy Robinson will return Monday, July 7.

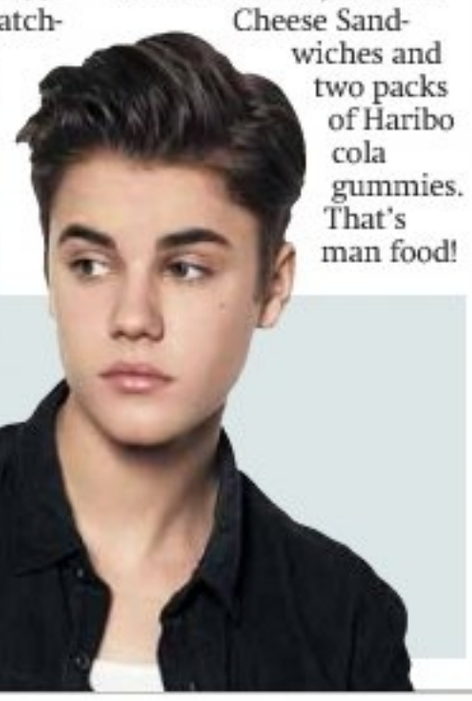
Rules are rules

According to a rider that was recently leaked to the Internet (some Bieber staffer somewhere is in trouuuble), Justin Bieber has strict rules when it comes to photo shoots.

The first rule of a Justin Bieber photo shoot is that one must never talk to Justin Bieber at a Justin Bieber photo shoot. (Not for nothing, kiddo, but we're pretty sure the adults running this shoot have no interest in catching the pearls of life wisdom dropping from your pretty lips, anyway.)

The second rule of a Justin Bieber photo shoot is that one must never play Selena Gomez (sigh, we really thought those two were gonna make it) at a Justin Bieber photo shoot. We're pretty sure that that second rule is just a general rule of thumb for any situation, anywhere.

Also, laughing out loud at the menu that Biebs demands be present at every shoot: Swedish Fish, Ritz Bits Peanut Butter Sandwiches, Ritz Bits Cheese Sandwiches and two packs of Haribo cola gummies. That's man food!



J. Lo's dictator party

We have a lot of questions about this item.

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of "Happy Birthday, Mr. President" a la Marilyn Monroe) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch has named him as being "among the most repressive [leaders] in the world" and that he's known for rampantly violating human rights, torturing people and showing up to parties with a six-pack just for himself. (Just kidding with that last one — we've never partied with the dude. Jenny from the Block, however, clearly has.)

And now, here come the questions. How does J. Lo even know the leader of Turkmenistan? How was this creepy (oh, we're positive it was creepy) little private show orchestrated? How do you pronounce Gurbanguly Berdimuhamedow? We are confused.

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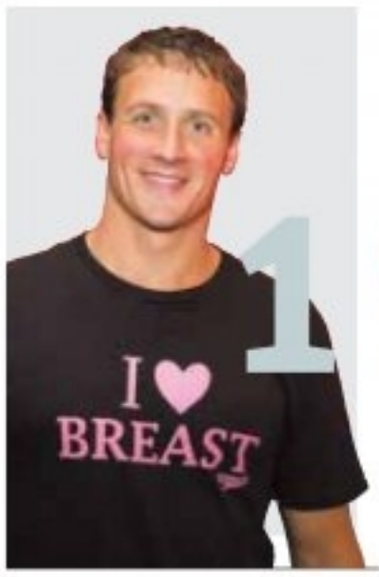
What the stars were up to this weekend

Lochte's love

1 Now better known for his looks than his breaststroke, Olympian **Ryan Lochte** let his shirt do the talking at a meet-and-greet with fans in Indianapolis.

She's just being Miley

2 **Miley Cyrus** took a break from her Twitter feud with father Billy Ray to pose for pictures at the iHeartRadio Ultimate Pool Party in Miami Beach, Fla.



Still got it

3 Aging Rolling Stones frontman **Mick Jagger** wowed the audience during a performance at Glastonbury Festival 2013 in England.

What a baller

4 Here's to hoping **Chris Brown** doesn't trade his mic for a career in basketball. The singer was at the Sprite Court during the 2013 BET Experience on June 29 in Los Angeles.

Long live the king

5 **Michael Jackson**'s son, **Prince**, and mother, **Katherine**, gathered to celebrate the world premiere of "Michael Jackson ONE" by Cirque du Soleil in Las Vegas.

Mrs. Carter starts her tour

6 **Beyonce** is using the surname of her other half to promote "The Mrs. Carter Show World Tour," but the diva brought more than enough star power to the stage on opening night in Los Angeles on June 28.

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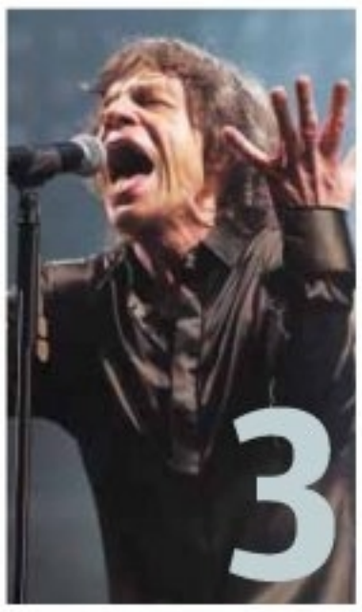

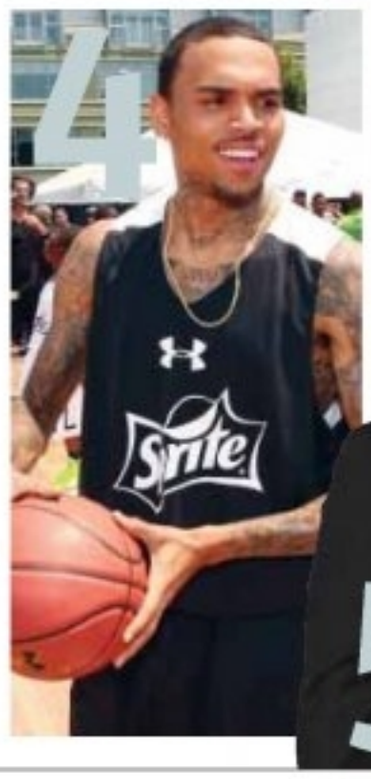

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Girls beat boys (but monsters beat everyone)

Box office. This weekend, America ignored the year's second "'Die Hard' goes to the White House" movie.

Everyone's still seeing "Monsters University" rather than new films.
PIXAR

Top 5 earners

1. 'Monsters University,' $46.2 million
2. 'The Heat,' $40 million
3. 'World War Z,' $29.8 million
4. 'White House Down,' $25.7 million
5. 'Man of Steel,' $20.8 million

Animated prequel "Monsters University" took home its second U.S. and Canadian box office title with $46.2 million in ticket sales over the weekend, fending off a red-hot debut from Sandra Bullock and Melissa McCarthy in the female buddy comedy "The Heat."

Outpacing industry projections, "The Heat" nabbed $40 million from Friday through Sunday and finished in second place, according to studio estimates. Big-budget, explosion-filled "White House Down" fell short of expectations with $25.7 million in its first three days, finishing the weekend in fourth place.

The White House, U.S. Capitol and Air Force One wind up in flames in the $150 million production from "Independence Day" director Roland Emmerich. The film's plot was similar to that of March release "Olympus Has Fallen."

Zombie thriller "World War Z," starring Brad Pitt as an ex-U.N. crisis specialist fighting the undead, slipped just one notch to third in its second week in release, earning $29.8 million over the weekend domestically. That brought its global total to $259 million.

In the No. 5 spot, Superman reboot "Man of Steel" took in $20.8 million domestically during its third weekend, bringing its domestic total to nearly $250 million and its global take to above $520 million, Warner Bros. said. REUTERS

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Comic book movies 'inevitably feel silly'

Maybe it's because he's best known for blowing up the White House in "Independence Day," but when director Roland Emmerich turned to the West Wing for help in making "White House Down" — his new film about the White House overrun by terrorists — he got the cold shoulder. "We applied for shooting permits and were denied," Emmerich says with a laugh. "I don't know why. It's strange."

If the plot sounds familiar, it may be because "Olympus Has Fallen" came out in March and was also about terrorists taking over the White House. Given the success "White House Down" has already enjoyed, is Emmerich worried about comparisons?

See more at www.metro.us

Roland Emmerich's latest film is the actioner "White House Down."
VERA ANDERSON/WIRE IMAGE

"No, not really worried. I mean, maybe a little bit, because naturally I would've been much happier being the first out, but also I didn't want them to rush it," he says. "I'm not terribly concerned. Hopefully, it will work."

The fact that there were two White House takeover movies released so close to each other is a total coincidence, Emmerich insists.

"I had a White House project with Sony for 10, 15 years, and it never came together for several reasons. And so, when they bought this spec script by Jamie Vanderbilt, they immediately thought of me and sent it to me the same day they bought it," he says, explaining that work started very quickly on his new project. "And then all of a sudden, people said,

Comics

No superheroes for Emmerich

A quick glance at Roland Emmerich's filmography turns up an interesting fact: Just about everything he's done has been an original film — not based on other source material or an existing franchise. It makes him something of an anomaly, of which he's well aware. "It's very hard to get original movies done these days," he says. "People tend to just like franchises. I don't know what it is. And that's all over the world — it's not just in America."

But don't expect him to change his ways anytime soon: "I have, for example, a hard time making a movie about

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Interview. Director Roland Emmerich talks about taking his time with his latest, "White House Down."

'There's another movie,' and I said, 'Really?' And then I was so deep into it, I couldn't really get out of it. And I also didn't want to."

But what is a coincidence, according to Emmerich, is the fact that movies with the president as a hero weren't as popular while George W. Bush was in the White House as they are now or they were under Bill Clinton. "It's not jingoistic when somebody like [Clinton or Barack Obama] is in the White House to do a White House movie," he says. "And also these are smart people, and you can make them smart characters, which naturally was a little bit difficult under Bush."

NED EHRBAR
ned.ehrbar@metro.lu

a comic book hero, because I didn't grow up with comics. For me, they kind of inevitably feel silly," he says. "But God, they're incredibly successful."

TV watch list

One of the stars of "American Ninja Warriors" preps himself. / BRANDON HICKMAN, NBC

REALITY

'The Bachelorette'

On tonight's episode, one of the final eight contestants throws another under the bus — not literally, we assume (though that might make this show a bit more exciting). **8 P.M., ABC**

REALITY

'The Real Housewives of Orange County'

Tonight, Tamra and her aging gal pals shop for her wedding dress, but, uh oh, drama spoils the nice outing. Meanwhile, Gretchen's honesty gets her in trouble. Is it called honesty when someone can't control the word-vomit pouring out of her surgically enhanced mouth? **9 P.M., BRAVO**

CHALLENGE

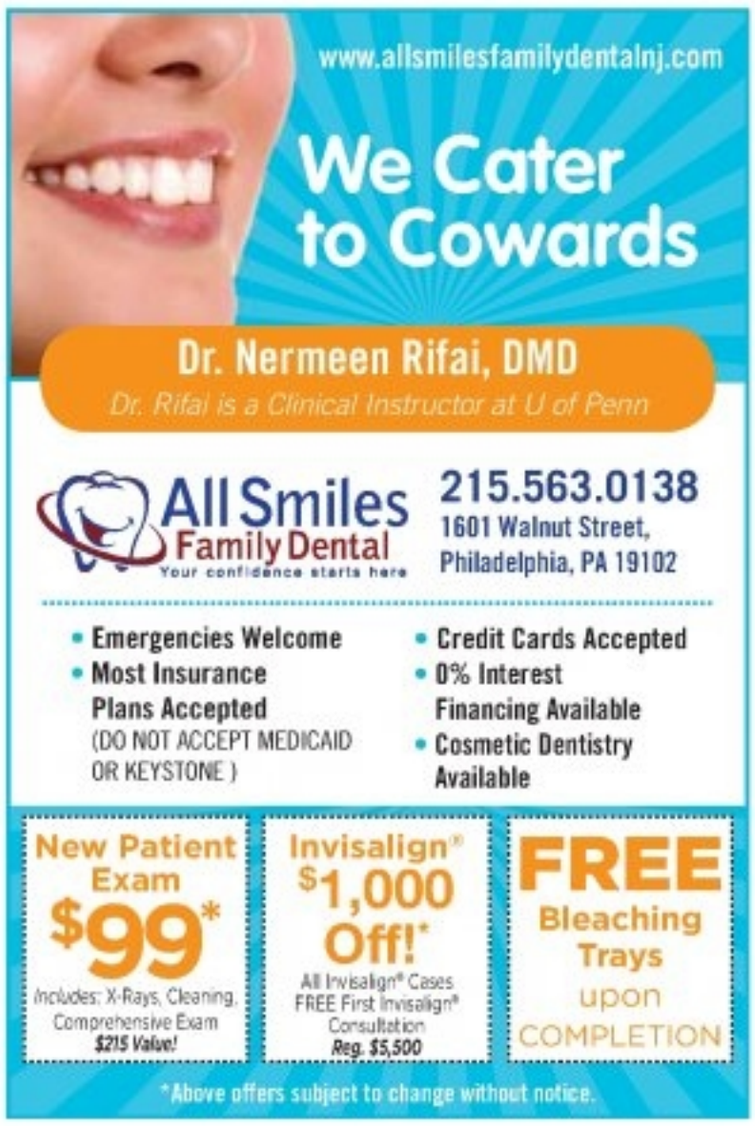
'American Ninja Warrior'

New challenges are introduced to the competitors at the qualifying round in Venice Beach in the fifth season premiere. One of these new challenges is called "The Flying Nun Chucks," which is bound to get hairy.
SEASON PREMIERE, 8 P.M., NBC

REALITY

'Below Deck'

In the series premiere of yet another new Bravo reality show (Bravo is like the slumlord of reality TV — albeit a delightfully snarky slumlord we sometimes like to invite over for drinks), viewers are introduced to a put-upon crew of private luxury yacht staffers. We're pretty sure private luxury yacht staffer ranks pretty high on the list of worst jobs ever.
SERIES PREMIERE, 10 P.M., BRAVO
ALEXANDRA CAVALLO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Kim Schneiderman, MSW, LCSW, is a psychotherapist and former journalist with a private practice in New York City.

The question

I love going to the beach, but I hate how I look in a bathing suit. Are there ways to feel better about this?

You're a woman, right? It's not that men don't feel self-conscious about their bodies. But women tend to scrutinize every few extra pounds of flab and sag, comparing themselves to stars and supermodels who binge on carrots, employ private chefs to prepare light, gourmet meals and work out in home gyms with celebrity personal trainers.

Yes, exercise and nutrition are important, but so is confidence. Imagine if we spent as much time loving instead of hating every inch of our bodies. What a happier, healthier world it would be. A friend of mine, who is trying to lose weight for health reasons, has taken on a daily practice of standing in front of the mirror naked, regarding every ounce of fat with love and tenderness. "I want to love this," she'll say, embracing her stomach. No wonder men find her irresistible.

— This column is not intended to be used as a substitute for a private consultation with a mental health professional, nor is this therapist to be held liable for any actions taken as a result of this column. If you have any concerns related to this column, make an appointment with a licensed mental health professional. Metro does not endorse the opinions of the author.

Dying to be thin

Could it be a bigger issue?

Eating disorders are the most deadly of all mental illnesses. According to the National Association of Anorexia Nervosa and Associated Disorders, up to 24 million Americans of all ages and genders suffer from anorexia or bulimia. Anorexics refuse to maintain weight above minimally normal weight for their age and height, have grossly distorted body images and are desperately fearful of becoming fat. Some limit caloric intake while others engage in binging and purging.

People who suffer from bulimia will alternate dietary restriction with binging, purging, using laxatives and hyper-exercising, but are usually normal weight or slightly heavy. Bulimics usually feel a lack of control over their eating and use inappropriate compensatory methods to control weight gain.

PLUS

True or false?

Many people are misinformed about eating disorders. Take this quiz to test your knowledge.

1 Anorexics know they are too thin, but feel they can't do anything about it.

2 Twenty-five percent of college-aged women binge and purge for weight management.

3 People who develop eating disorders are usually overweight.

Visit www.metro.us for the full quiz and answers.

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MARCUS MESSNER, RIGHT, AT A RECENT PRESENTATION WITH TUMBLR COFOUNDER DAVID KARP

MARCUS MESSNER

Most college students already spend hours on social media — can they make learning happen there, too?

MAKING SOCIAL MEDIA WORK IN THE CLASSROOM

Marcus Messner is one of the foremost researchers of social media use in journalism and higher education. All of his undergrad classes at Virginia Commonwealth University utilize WordPress, Facebook, Twitter and Tumblr, along with a slew of other platforms, depending on the class. He told us about the boons and pitfalls.

How does the dynamic change when students can see each other's work on social media sites like Tumblr and Facebook?
It's a whole new paradigm from 10 years ago. To me, the openness of these platforms means that students and professors need to learn together. I try to be up-front [with] my students: Yes, I have expertise on the topic, but I certainly don't know everything, and I will learn from you at times. That's not always easy to say.

Do you ever get frustrated by having to keep up with all of these platforms?
I actually find it more efficient, because I no longer wake up in the morning to 150 emails. So much of my classroom communication is channeled into Facebook and Twitter. I try to make myself available during normal business hours. But when I'm not there, the students are helping each other. Also, realistically, email is just not the best way to communicate with students any longer. They are far more willing to engage in conversation on Facebook and Twitter.

Ethics talk

What should students consider before engaging with classroom social media?
Before I use Facebook in my class, I always have the students look at each other's pages and see how much they can access and how much inappropriate content there is. I try to walk them through all of the ethical pitfalls of engaging on these platforms and how to clean up their pages when they're entering the job market.

What do you think of exposing your classroom to advertising by utilizing Facebook?
In our closed Facebook space, there is no advertising content yet. If that changes, perhaps I will reconsider. Of course, when students use it privately, there is advertising. But I have never had to tell a student to create a Facebook account for a class, because I've never had a student that didn't have one already.

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Inside the furry suit: NYU Bobcat Gaby Marano

Spirit. Personality counts, even under all that fur.

NYU Bobcat Gaby Marano chills out in an NYU lounge, showcasing her trademark swagger. / PROVIDED

Some New York University students might not know until graduation that the school has a mascot, but they always want a photo with the school's Bobcat, says Gaby Marano, 20, one of seven people on the New York University mascot team. She made the team at NYU and now helps pick new members, judging them on raw talent and how they might handle certain situations, whether a drunk fan or scared child. She told us about her responsibilities.

How did you start being the Bobcat?
At NYU, I was walking around a club fair … and I saw the mascot head and I ran over, and I was like, "What is going on?" … The auditions were comprised of making a 90-second skit. You couldn't wear the costume, just to test your confidence and make sure you could do it. A big part of being a mascot is you can't talk, so you have to use body language.

What makes a good mascot?
At auditions, we primarily look for raw talent, and that usually comes out when you're very confident. The bigger, the better. Once you are on the team, we teach you technique and the logistics and how to handle certain situations.

What kinds of situations?
A little kid who's really upset — you don't want to scare them — [or] if you have a drunk fan.

How would you handle that situation?
Bobcat security. It's legitimate. Half the time they take pictures for you, and the other half they just make sure the performers are as safe as possible.

What don't people know about being a mascot?
I think one shocking piece of information is that we count as a varsity sport at NYU. … There's a whole society of mascots. We're in touch, we talk, we try to get better every year.

How do you improve?
I would say practice makes perfect. There's no perfect way to be the mascot. A lot of it has to do with the personality and how you're trying to portray [the character]. Every mascot has a different character. What works for one suit might not work for another suit.

How would you describe your character?
I would describe a bobcat as fierce. We try to make him fierce and peppy and just a lot of confidence, a bit of swagger.

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Tips for tackling email overload

SETTING A BLOCK OF TIME ASIDE TO MUCK THROUGH EMAILS IS A GOOD WAY TO ASSURE THAT THEY WON'T INTERRUPT YOU DURING OTHER TASKS, SUGGESTS EXPERT STACY KIM.

GETTY IMAGES, TOP PHOTO GROUP RF

Advice. We asked an expert how to chill out as the emails flow into your overstuffed inbox.

Inbox zero might as well be the lost city of Atlantis for many of us. Between work and personal email addresses — not even considering Facebook, Twitter, and other social media accounts — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe. As summer gets into gear and emails pile up during coveted vacations, we checked in with life coach Stacy Kim, founder of the company Life Junctions, about how to make sure email overload doesn't spoil our relaxing summers.

JULIA FURLAN
julia.furlan@metro.us

Tip No. 1

One at a time.

Unfortunately for us, there is no such thing as multitasking, Kim says: "We don't do two things at once. We just switch back and forth really quickly." All this switching between tasks is often the root of people's anxiety and stress problems. "Do just one thing at a time. That's the number one suggestion that I give everybody," Kim says.

Tip No. 2

A few focused minutes go a long way.

The email deluge can be particularly bad after taking a long weekend or a few days away. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize: "Try to remember that when you go on vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away." Prioritizing which emails need responses first is key to dealing with them. "You say, 'I'm going to make a note of that' and go to the next one," she says. Kim says to aim for a chunk of focused minutes: "When you check it, you may have to spend more time [sifting through emails], but you're not going to have to check it as often."

Tip No. 3

Inhale. Exhale. (Repeat.)

What many of us don't notice is that facing an overstuffed email inbox can cause us to hold our breath — and that's bad news, says Kim. "When you check your email, give yourself a few huge, deep breaths from your diaphragm," she says. "It can't stop the emails, but we can try to control the responses we have to them."

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Horoscope

♋ Cancer | June 21-July 22. Diplomacy will definitely be called for when making a deal with someone who always takes an unyielding position. Try to compromise.

♌ Leo | July 23-Aug. 22. As long as you don't take on more than you can handle, this can be a very productive day for you.

♍ Virgo | Aug. 23-Sept. 22. Be prepared for a social arrangement to have its ups and downs. There is a chance that someone you dislike could be included in the planned activities.

♎ Libra | Sept. 23-Oct. 22. An old, unresolved issue could rear its ugly head and become the focal point in a family discussion. Keep your cool.

♏ Scorpio | Oct. 23-Nov. 21. Know when to stop pushing if your prospect has obvious doubts. Trying too hard would only make matters worse.

♐ Sagittarius | Nov. 22-Dec. 21. It behooves you to be extremely careful in handling financial matters, especially if you're doing so for someone else.

♑ Capricorn | Dec. 22-Jan 20. When negotiating an important matter, you should be sure to have all the details down.

♒ Aquarius | Jan. 21-Feb 18. To achieve personal gain, you'll have to work unusually hard. This is so if you feel that you can't trust a vital colleague.

♓ Pisces | Feb. 19-March 20. Unless you are socially aware at all times, you could unintentionally slight an old friend in favor of more recent acquaintances. Be careful.

♈ Aries | March 21-April 20. Don't depend on others to help you achieve a personal objective. Although it might be of personal significance, it's not on another's radar.

♉ Taurus | April 21-May 21. If a friend adamantly opposes an issue that you feel strongly about, don't let it upset the relationship. Turn the other cheek.

♊ Gemini | May 22-June 20. When making a sizable purchase, you should be sure to hang on to your receipt.

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Sudoku: Easy and hard

8	4		2	3			1	
5		1				8		
		9						
	9				2		6	
3	7	8				9	2	4
	6		4				5	
						6		
		3				5		2
	1			6	8		3	9

	5		7					1
	8			6		3		4
3		7			9			
1					7		3	
	7		9	4	3		6	
	9		2					7
			3			2		8
7		1		2			5	
8					4		1	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Spoiler alert: Metro's in trouble

Re: 'Commander in crazy' (Metro, June 28-30) I've been wanting to say this for a long time, but your "White House Down" review is the last straw. It revealed one of the funniest cameos in another movie that's still in theaters. Sure, the bit was very brief, but it was unexpected and one of the most memorable parts of the movie. This incident, along with others this year that spoiled more crucial parts of the actual movies your writers are reviewing, has gotten me to reconsider grabbing a Metro on Friday mornings. Please, please, please refrain from spoiling movies in your reviews!

VINNIE LEDUC, VIA EMAIL

Origins of the naming craze

Re: 'You named your baby what?!' (Metro, June 28-30) The article says that Gwyneth Paltrow started the odd baby name craze. I beg to differ! Jada Pinkett started it with Jaden. Even another celebrity (Britney Spears) used the name. So many kids have that name now that it seems normal.

NATASHA GRAY, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

New!

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

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Crossword

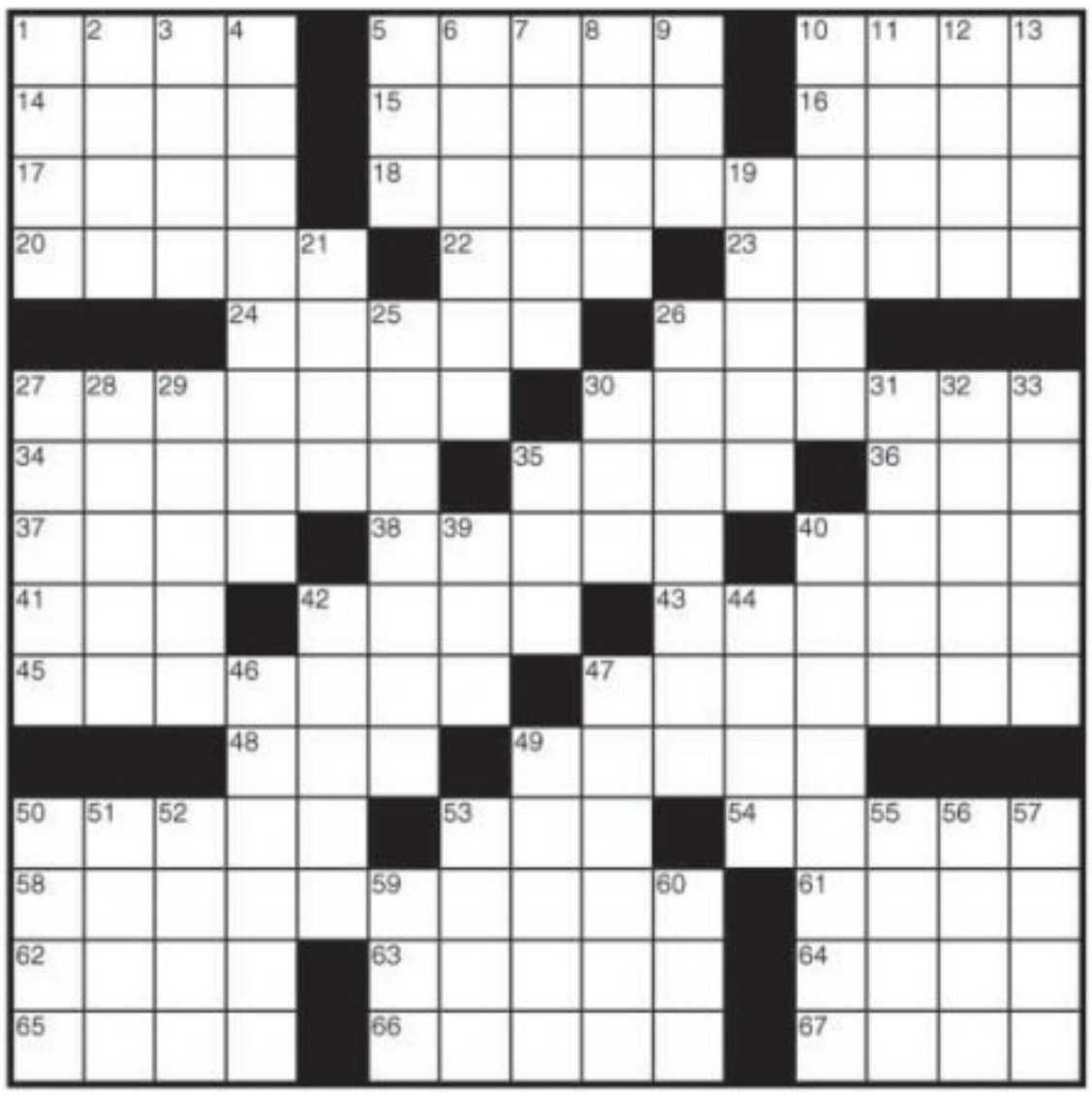
Across

1 Neighbor's kid
5 Missouri tributary
10 Mature
14 Pirates' base
15 Rajahs' spouses
16 Early garden?
17 NCAA Bruins
18 Jumper's need (2 wds.)
20 Tree secretion
22 Rapa —
23 Egg parts
24 Completely wreck
26 Old space station
27 Arctic light shows
30 Creamy candy
34 Insect's middle
35 Trolled
36 New socialite
37 Barge pushers
38 Turk's neighbor
40 Corn Belt state
41 Vexation
42 Made top honors
43 Lumberjack's yell
45 Travelers' wagon
47 Saddle horns
48 Rights-movement wd.
49 Trunk
50 Prepare shrimp
53 Four qts.
54 More peculiar
58 Tex-Mex treat
61 Gardner of mystery
62 Big chunk of ice
63 Flute cousins
64 Shipmate of Chekov
65 Diplomat's asset
66 Town in Ruritania
67 Cough syrup meas.

Down

1 Get fuzzy
2 Compete at Indy
3 Feels crummy
4 Turncoats
5 Planet, in verse
6 Spa features
7 Declare invalid
8 Chevalier film
9 Language suffix
10 Cut an album
11 Role model, maybe
12 Brew, as coffee
13 Wraps up
19 Giving the once-over
21 Ibsen heroine
25 Urban cruiser
26 Watch carefully
27 Garret
28 Lieutenant under Kirk
29 Mr. Ebert
30 Online info
31 Taos dwelling
32 Banister post
33 Ski lifts (hyph.)
35 Like some excuses
39 Toon pooch
40 Shameless
42 St. Teresa's town
44 "— — proud of you!"
46 Ready to roll (2 wds.)
47 Surveyed
49 Hawk's gripper
50 Room meas. (2 wds.)
51 Island dance
52 Fair-hiring org.
53 Mocking comment
55 Beat decisively
56 Annexes
57 Enlist again (hyph.)
59 Baker's meas.
60 Sly — — fox

Weekend's answer



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Cole Hamels set for mental vacation

MLB. The Phillies will give the struggling pitcher two days of extra rest between starts.

Cole Hamels is taking a mental vacation.

The Phillies have pushed back the struggling pitcher's next start by two days. He'll take the mound Thursday in Pittsburgh, instead of tomorrow. Hamels is 2-11 with a 4.58 ERA this season.

"See if we can't get him back to feeling good about himself," skipper Charlie Manuel said. "He benefits just by clearing his head a little bit and resting. We'll give him a blow, mentally and physically. Mental has a lot to do with it."

Manuel said the decision to rest Hamels came from pitching coach Rich Dubee. Hamels seemed a bit miffed about the move, but he understands it.

"I think they just want to make things a little more free and easy," he said.

But don't read too much into anything. All parties insist Hamels is 100 percent healthy despite his recent struggles.

"He's fine," Manuel said. "As a matter of fact, he's very fine." METRO

Looking ahead

The Phillies are off today. Here is a look at the team's upcoming schedule:

- Tomorrow, at Pittsburgh (7:05 p.m.)
- Wednesday, at Pittsburgh (7:05 p.m.)
- Thursday, at Pittsburgh (1:35 p.m.)
- Friday, vs. Atlanta (7:05 p.m.)

Hamels is 2-11 with a 4.58 ERA. / GETTY IMAGES

3 SPORTS

Watch online

Find video and a recap from yesterday's Phillies-Dodgers game at **Metro.us/sports.**

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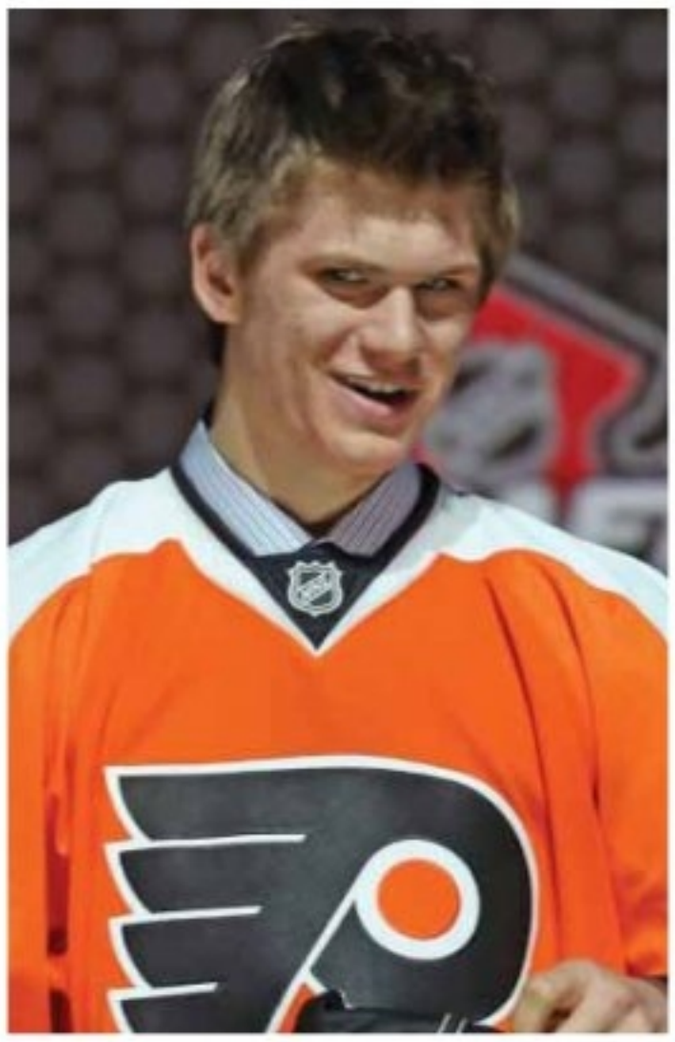

Flyers get defensive

The Flyers selected Samuel Morin, a 6-foot-6 defenseman, with the 11th overall pick in yesterday's NHL Draft. Morin listed Chris Pronger as his favorite player growing up. Morin recorded 16 points and 117 penalty minutes in 46 games in his second QMJHL season. / GETTY IMAGES

Arena football. Soul claim East Division title, playoff berth

The Soul are headed back to the playoffs.

The team beat Cleveland, 66-57, June 29 to clinch the AFL's East Division. The win guarantees them a first-round playoff game at Wells Fargo Center. Quarterback Dan Raudabaugh was the player of the game, throwing for 285 yards and six touchdowns.

"This was a collective effort from top to bottom," said coach Clint Dolezel. "Dan had an outstanding game, but there were many guys [who] stepped up when we had injuries during the game. Collectively, we stayed focused and played a complete game. It's a divisional title, and the entire team deserves to be proud of this victory."

Tiger Jones led all Soul receivers with nine catches for 99 yards, while Derrick Ross scored the 100th touchdown of his AFL career.

Ryan McDaniel added seven receptions for 71 yards and two touchdowns, while Larry Brackins added an onside kick return for a score on the final Soul touchdown.

The Soul, who lost last year's ArenaBowl to Arizona, host the Chicago Rush Saturday at Wells Fargo Center. The Soul beat the Rush in a previous meeting earlier this season. METRO

Big win

"This was a collective effort from top to bottom. ... It's a divisional title, and the entire team deserves to be proud."
Dolezel

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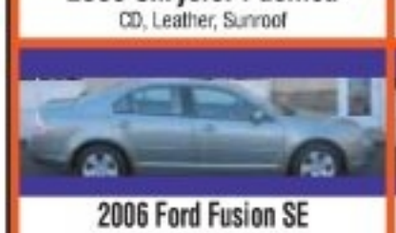
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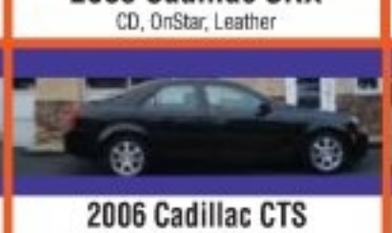
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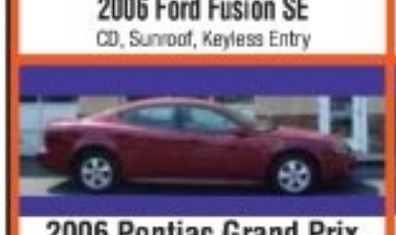
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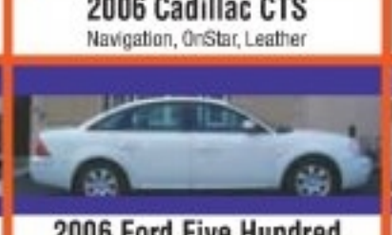
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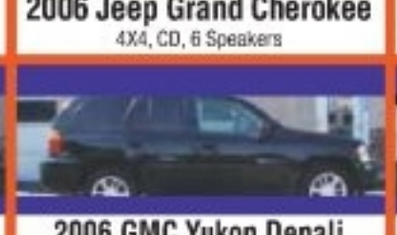
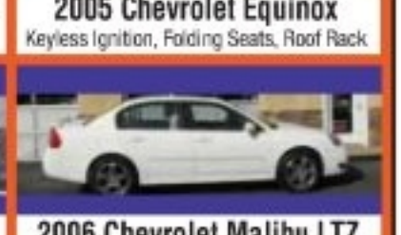

2006 GMC Yukon Denali — Memory Seats, Rear A/C, CD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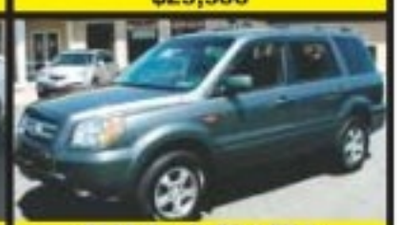
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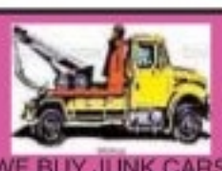

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